

# Unit Four

## Vocabulary

### Taking care of ourselves

#### الاهتمام بانفسنا

<b>add</b>	يضيف - يجمع	<b>activities</b>	انشطه	<b>according to</b>	بالنسبه ل
<b>order</b>	يلمر - اموز	<b>time-management</b>	اداره الوقت	<b>resilience</b>	المرونه
<b>well-being</b>	رفاهيه - سعادته	<b>mental</b>	عقلي	<b>health problems</b>	مشاكل صحيه
<b>burnout</b>	الاجهاد الجسدي والنفسي	<b>exhausted</b>	مجهد	<b>Cope with</b>	يتواكب مع
<b>promote</b>	ينمي - يرقى	<b>self-care</b>	العنايه بالنفس	<b>stress</b>	توتر
<b>emotions</b>	عواطف	<b>scared</b>	مرعوب - مفزوع	<b>take care of</b>	يعتني ب
<b>avoid + ing</b>	يتجنب	<b>pressure</b>	الضغط	<b>result</b>	نتيجه
<b>skills</b>	مهارات	<b>danger</b>	خطر	<b>headaches</b>	صداع
<b>pain</b>	الم	<b>shoulders</b>	اكتاف	<b>back</b>	الظهر
<b>Mental health</b>	حاله نفسيه	<b>responsibility</b>	مسئليه	<b>behaviour</b>	سلوك
<b>physical health</b>	الصحة البدنيه	<b>suffer from</b>	يعاني من	<b>Tips</b>	نصائح - بقشيش
<b>category</b>	فئه - طبقه - صنف	<b>urgent</b>	عاجل	<b>stretch</b>	يمد يتمدد
<b>basis</b>	اساس	<b>endorphins</b>	اندروفين	<b>caffeine</b>	كافيين
<b>technique</b>	طريقه - اسلوب	<b>period</b>	فتره - جلسه	<b>energy</b>	الطاقه
<b>experience</b>	يعاني من - يجرب	<b>system</b>	نظام	<b>suppose</b>	افتراض
<b>alter</b>	يغير	<b>clear off</b>	يغادر	<b>frown</b>	يتجهم / عبوس
<b>pout</b>	يبوز / استياء	<b>scold</b>	يوبخ / يعنف	<b>suppose</b>	يفترض
<b>consider</b>	يعتبر	<b>connection</b>	ربط - صله	<b>poem</b>	قصيده
<b>partner</b>	شريك - يشارك	<b>frustrate</b>	يحبط	<b>concentrate on</b>	يركز علي
<b>focus on</b>	يركز علي	<b>memos</b>	مذكرات	<b>identify</b>	يتعرف علي
<b>teenagers</b>	مراهقين	<b>revision</b>	مراجعه	<b>counsellor</b>	مستشار
<b>priority</b>	افضليه - اولويه - تقدم	<b>pressure</b>	ضغط	<b>factors</b>	عوامل
<b>position</b>	مكانه - وضع	<b>demonstrate</b>	يوضح - يتظاهر	<b>external</b>	خارجي
<b>perceive</b>	يدرك - يفهم	<b>shoulders</b>	اكتاف	<b>brainstorm</b>	عصف ذهني - استشاره
<b>please</b>	يسعد	<b>creation</b>	لق - ابداع	<b>signs</b>	اشارات
<b>routine</b>	نظام يومي	<b>suffer from</b>	يعاني من	<b>Tips</b>	نصائح - بقشيش
<b>substance</b>	ماده	<b>urgent</b>	عاجل	<b>stretch</b>	يمد - يتمدد
<b>trust</b>	يثق	<b>criticize</b>	ينقد	<b>eyebrow</b>	حاجب
<b>notice</b>	يلاحظ	<b>seem to</b>	يبدو	<b>normal</b>	طبيعي
<b>cope with</b>	يتواكب مع	<b>reasons</b>	اسباب	<b>get together</b>	يتقابل
<b>marks</b>	علامات - درجات - يصحح	<b>join</b>	ينضم الي	<b>upload</b>	يحمل علي النت
<b>set up</b>	يؤسس	<b>news</b>	اخبار	<b>anxious</b>	قلق
<b>calm down</b>	يهدئ	<b>athletics</b>	العب القوي	<b>events</b>	احداث
<b>interview</b>	مقابله	<b>specific</b>	محدد	<b>reaction</b>	رد فعل
<b>a poem</b>	قصيده	<b>social media</b>	التواصل الاجتماعي	<b>wet</b>	مبلل
<b>remain</b>	يبقي	<b>positive</b>	ايجابي	<b>negative</b>	سلبي



### Definitions

<b>burnout</b>	a situation where you can't do anything because you're so tired and stressed.	الاجهاد الجسدي والنفسي
<b>well-being</b>	1-how good you feel in your body and how happy you are 2-a contented state of being happy, healthy and prosperous	رفاهية - سعادته
<b>mental health</b>	how a person thinks and the emotions they feel.	الحالة النفسية
<b>self-care</b>	taking care of your body and how you feel.	العناية بالنفس
<b>time management</b>	organizing when you do things and for how long.	اداره الوقت
<b>cope</b>	to deal successfully with difficult situations.	يتواكب مع
<b>stress</b>	a feeling of being very worried and scared about your life.	توتر
<b>promote</b>	Support and encourage the development of something	ينمي - يرقى - يترقى
<b>scold</b>	To criticize someone angrily about something they have done	يوبخ / يعنف
<b>frown</b>	To make an angry, unhappy, confused expression, moving your eyebrows	يتجهم / عبوس
<b>pout</b>	To push out your lower lip because you are annoyed or unhappy.	يبوز / استياء
<b>suppose</b>	You think something is true although you are uncertain about it.	يفترض
<b>alter</b>	To change	يغير
<b>teenager</b>	Someone who is between 13 and 19 years old.	مراهق
<b>counsellor</b>	Someone whose job is to help and support people.	مستشار
<b>caffeine</b>	a substance in tea, coffee and other drinks that makes you feel active.	كافيين
<b>endorphins</b>	A chemical produced by your body to reduce pain and can make you happy	ماده الاندروفين
<b>athletics</b>	a group of sporting activities including running and jumping. It is an important part of the Olympics	العاب القوى
<b>social media</b>	Ways of sharing information, opinions, images, videos using the internet.	التواصل الاجتماعي
<b>reaction</b>	Something that you feel or do because of something that has happened or been	رد فعل
<b>back</b>	The part of the body between the neck and legs.	الظهر

### Test yourself

- The chairman (joined-promoted -helped-chosen) the best clerk in the office to be the office manager.
- ( Well-being--Burnout -Stress--Feeling ) is a situation where you can't do anything because you're so tired and stressed.
- I was ill-suited to work in the (mental- physical-difficult-well-being) health field.



It needs a lot of thinking that exhausts me.

4. You should take care of your kids and I'll have a (self-care-- self-sufficiency--self-denial-- self control ) . Don't worry about me.

5. I am not interested if those bad people respect me or not. I could (care-carer-look-seem ) less for them.

6. I suppose she couldn't ( cup-control-cope-forget ) with losing her family in a plane crash.

7. Ali often (praises – blame- scolds-insulates) his children . He is often angry with them.

8. The headmaster (praises – blame- scolds -insulate ) all the girls who don't wear scarves . He always says they are at schools ,not a night club.

9. After the death of his dear friend, his forehead knotted in a ( frightened- frown-sad-dark ) .

10. The boy had a deep (frighten- frown-sad-happiness ) after the results of the exams were announced. He got low marks.

11.( Suppose- frown- Pout-Praise ) that a robber knew that you and your family went camping for a week, what would he do?

12. There is a lot of (caffeine- endorphins-chemical-crimes ) in tea and coffee. I have a lot of headaches when I don't drink any.

13. When the patients of burns suffer from extreme pains, the brain gives orders to the body to produce (caffeine- endorphins-chemical-crimes ) to relieve pain.

14. My mother used to advise me not to ( suppose- frown- pout-praise ) in front of my food and eat it all to be healthy.

15. Youth should (alter- charge- defend-praise ) their points of views if they discover they were wrong.

16. The doctor's treatment didn't achieve any results so he recommended that she should see a ( physicist- counsellor-astronaut-archaeologist )

### Expressions

<b>do activities</b>	يمارس انشطته	<b>do exercise</b>	يعمل تمارين
<b>go for a walk</b>	يتمشي	<b>deal with</b>	يتعامل مع
<b>do things</b>	يعمل اشياء	<b>Take care of= look after</b>	يهتم ب
<b>pressure on</b>	ضغوط علي	<b>experience burnout</b>	يعاني من الاجهاد
<b>spend + ( v+ing ) doing</b>	يقضي	<b>Make decisions</b>	يتخذ قرار
<b>in danger of</b>	في خطر	<b>take/bear responsibility</b>	يتحمل المسئولية
<b>feel exhausted</b>	مجهد	<b>do a sport</b>	يمارس رياضة
<b>a ten-minute break</b>	استراحة لمدة 10 دقائق	<b>Make notes on</b>	يأخذ ملاحظات
<b>feel lonely</b>	يشعر بالوحده	<b>a special technique</b>	طريقه خاصه
<b>pay attention</b>	يعطي اهتمام	<b>When studying for long</b>	عند الدراسه لفتره طويله
<b>reduce stress</b>	يقلل التوتر	<b>suggest organising</b>	يقترح تنظيم
<b>avoid having much caffeine</b>	يتجنب شرب الكافيين	<b>make time</b>	ينظم وقت
<b>order of priority</b>	ترتيب الاولويه	<b>thanks for asking</b>	شكرا علي السؤال
<b>a big project for</b>	مشروع كبير من اجل	<b>think about</b>	يفكر في
<b>the rain comes pouring down</b>	بالقرب من	<b>Make suggestions</b>	يعم اقتراح
<b>angry with</b>	المطر يهطل	<b>Make notes on</b>	يأخذ ملاحظات
<b>a negative effect on</b>	تأثير سلبي علي	<b>aware of</b>	مدرك ل
<b>Make changes</b>	يعمل تغيير	<b>spend doing</b>	ييقضي في عمل
<b>make time</b>	رتب الوقت	<b>stay up</b>	يسهر

<b>do revision</b>	يقوم بمراجعته	<b>Whatever comes</b>	مهما يأتي
<b>positive thinking</b>	تفكير ايجابي	<b>adapt to</b>	يتكيف علي
<b>start by talking</b>	يبدأ بقول	<b>how much time</b>	كم كميه الوقت
<b>get any worse</b>	يسبب اذي اكثر	<b>take action</b>	يقوم بالرد
<b>Positive thinking</b>	تفكير ابداعي	<b>kind to</b>	عطوف ل
<b>avoid worrying about</b>	يتجنب القلق	<b>adapt to</b>	يتكيف علي
<b>cope with</b>	يتواكب مع	<b>For the last few weeks</b>	لمده ار اسبوعين
<b>On social media</b>	علي مواقع التواصل	<b>quite angry.</b>	غاضب الي حد ما
<b>Internal purification</b>	طهارة داخلية	<b>External purification</b>	طهارة خارجية
<b>Spread awareness</b>	ينشر الوعي	<b>Dress my wounds</b>	اضمد جراحي
<b>my heart is set on</b>	قلبي متعلق بـ / عزمت	<b>From now on</b>	من الان فصاعدا
<b>put on</b>	يرتدي / يزيد وزن	<b>worth the effort</b>	يستحق المجهود

### Test yourself

1. We shouldn't put a lot of pressures ( in –on-at-with) youth. They don't find jbs easily nowadays.
2. I spent all the night ( study- studying- studied- studies) English .
- 3- Ahmad Zewail used a ( private- special ) technique to discover the femto second.
- 4.After her husband's death , the old woman felt ( alone- lonely ) .
- 5-Parents should bear the ( bags- pressures- technique- responsibility ) of bringing their children well.
6. The prices are very high. The government should reduce (pressures- stresses- abilities-questins )on people .
7. Students suffer from a lot of pressures . The ministry of Education should reduce the (stress-ability-questions- death)by making a lot of experimental exams fr them.
8. We should avoid (mix- mixing- mixed – to mixing ) with bad people.
- We should have two ( hours- hour's -hour – hurs's ) break to have lunch every day.
9. Students in universities should ( make- do- give-send ) notes while lecturers explain their topics.
10. We suggest ( to go- went- going- to going ) out to watch the match in a café.
11. Students should ( make- do- give-help ) a lot of activities during the school day.
12. Students should ( make- do- give –revise ) revision regularly to get high marks.
13. All the Egyptian people should be (were- know-aware-helpful ) of the dangers that surround our beloved country.
14. We should (make- do- give –revise ) changes in the order of furniture in our houses to feel different.
15. The students of Engineering Faculties must (make- do- give –revise) special projects to be able to graduate.
16. All of our youth should have ( negative- positive- passive-high ) thinking about our future jobs.

### Derivatives

Verb		Noun		Adjective	
<b>manage</b>	يدير	<b>manager- management</b>	مدير- اداره		متضمن
<b>Solve</b>	يحل	<b>solution</b>	حل		
<b>suppose</b>	يفترض	<b>supposition</b>	افتراض	<b>Supposable</b>	محتمل
<b>exhaust</b>	يجهد	<b>exhaustion</b>	اجهاد	<b>exhausted</b>	مجهد



<b>promote</b>	يرقي - ينمي	<b>promotion</b>	ترقيه	<b>promotable</b>	قابل للترقيه
		<b>skill</b>	مهاره	<b>skilled - skilful</b>	ماهر
<b>pain</b>	يتألم	<b>pain</b>	الم	<b>painful</b>	مؤلم
<b>scare</b>	يفزع - يخوف	<b>scare</b>	خوف - فزع	<b>scared</b>	مفزوع
<b>affect</b>	يؤثر	<b>effect</b>	تأثير	<b>effective</b>	مطبوع
<b>alter</b>	يغير	<b>alter</b>	تغيير		
<b>scold</b>	يوبخ / يعنف	<b>scold</b>	امراه سليفه اللسان		
<b>counsell</b>	ينصح	<b>counsellor</b>	مستشار		
<b>partner</b>	يشترك	<b>Partner- partnership</b>	شريك - شراكه	<b>partnered</b>	مشارك
<b>Connect to</b>	يرتبط ب	<b>connection</b>	ربط	<b>connectable</b>	قابل للاتصال
<b>frustrate</b>	يحبط	<b>frustration</b>	احباط	<b>frustrated</b>	محبط
<b>interview</b>	يقابل	<b>Interview- interviewer</b>	مقابله - المذيع	<b>interviewable</b>	مستعد للمقابله
		<b>athletics - athlete</b>	العاب القوى-رياضي	<b>athletic</b>	رياضي
<b>remain</b>	يبقى	<b>remains</b>	بقايا		

## Antonyms

Word	Antonym
<b>mental</b>	<b>physical</b> بدني
<b>promote</b>	<b>demote</b> يخفض
<b>exhausted</b>	<b>relaxed</b> مسترخي
<b>urgent</b>	<b>trivial</b> تافه - عديم الاهميه
<b>alter</b>	<b>maintain</b> يبقي
<b>scold</b>	<b>praise</b> يمدح
<b>pout</b>	<b>Grin - smile</b> يبتسم - ابتسامه
<b>partner</b>	<b>superior</b> متفوق - مالك لوحده
<b>external</b>	<b>internal</b> داخلي
<b>under control</b>	<b>out of control</b> خارج عن السيطرة
<b>upload</b>	<b>download</b> ينزل من النت
<b>set up</b>	<b>demolish</b> يهدم
<b>kind</b>	<b>cruel</b> قاسي

## Synonyms

Word	Synonyms
<b>cope</b>	<b>face - overcome -</b> يتواكب - يواجه
<b>promote</b>	<b>Support - raise - boost - encourage</b> يؤيد - يرفع - يشجع
<b>manage</b>	<b>Succeed - run</b> يدير - ينجح
<b>stress</b>	<b>strain</b> اجهاد - توتر
<b>effect</b>	<b>Impact - influence</b> تأثير
<b>alter</b>	<b>modify - change</b> يغير
<b>scold</b>	<b>reprove - dress down</b> يوبخ / يعنف
<b>pout</b>	<b>inflate - frown</b> يبورز / استياء
<b>counsell</b>	<b>Advice - consult</b> ينصح
<b>perceive</b>	<b>understand - realise</b> يدرك - يفهم
<b>Adapt to</b>	<b>adjust to</b> يتكيف علي
<b>frustration</b>	<b>disappointment</b> إحباط
<b>connection</b>	<b>link</b> ربط - صله
<b>set up</b>	<b>Build- construct-erect</b> يؤسس
<b>calm down</b>	<b>Relieve -ease</b> يهديء







Don't **scare** the children.

He causes **scare** by his deeds.

He felt **scared** when he heard the lion

These stories seem scary.

Teaching is a **sacred** profession.

A man with a **scar** on the face killed the girl.

8- gradually بالتدريج

- regularly بانتظام

-Ali goes to the club (**gradually- regularly**) . -He never goes late.

-Ali's health improved (**gradually- regularly**) after taking the medicine. Each day is better

9- لاحظ استخدام فعل مفرد مع الكلمات الآتية ولكن عند الإشارة إليها بضمير نستخدم ضمير جمع (they, them, their):

Everyone / everybody / someone / somebody / no one / nobody / anyone / any body / (any / every person)

-Everyone **benefits** from space technology in **their** everyday lives.

-Everyone **has their** own ideas about the best way to bring up children.

**Someone is** knocking on the door, **aren't they?**

10 - **routine** (روتين يومي) - **red tape** (إجراءات روتينية تعطل العمل)

- My daily routine is going to school every day.

- We must get rid of the red tape in government offices.

11- **28-do a revision** يجرى مراجعة **Make a revision plan** يعد خطة مراجعة

12- **sign....** ( يافظه - علامة ) \* **signal .....** ( إشارة لاسلكية - ضوئية )

-He raised his hand in a sign of greeting.

- Didn't you see the "No smoking" sign?

-Our mobile phones send and receive **signals** all the time

-The soldiers were waiting for the **signal** to start firing.

13- 1- He went to the doctor **because he was ill**.

2- He went to the doctor **because of being ill**.

3.She could solve the problem **as she wise**.

4.She could solve the problem **due to her wisdom/ being wise**.

5.The film was very successful **because of the amazing sound quality**

14 - **connected to** مرتبط أو متصل بمصدر طاقة

- **connected with** متعلق ب - علي صلة ب

The computer is **connected to** a printer.

He **is connected with** some important persons in Cairo .

There was no evidence that the man **was connected with the crime**.

## 15- Making suggestion عمل الاقتراح

أولا تعبيرات يأتي بعدها الفعل مضافا له ( ing )

- **What about + ing**

- **How about +( ing )**

- **Have you considered +( ing )**

-Have you considered + ing = - Have you thought about + ( ing

**How about** buying a gold ring for Mum on her birthday?

- **What about** having lunch out at this restaurant?

-**That's a great idea** or **It serves delicious dishes** .

16-**Have you considered = Have you thought about**



- Have you **considered watching** cartoon ?
- Have you **thought about visiting** the zoo ?
- What **about doing** some sports together ?

### ثانيا تعبيرات يأتي بعده الفعل في المصدر

- Why don't you + مصدر
- You could + مصدر
- You should + مصدر
- Let's + المصدر
- Why don't you **study** English tonight ?
- You **could buy** these jeans , They are good materials .
- You **should watch** tomorrow's match. It will be exciting .
- Why **don't** we take some snacks ? = **Let's take** some snacks .

Accept the suggestion قبول الاقتراح	Refuse the suggestion رفض الاقتراح
That's a good ( great ) idea	I am sorry ; I am busy
OK , let's .	Sorry . I am not very keen

17 - **accident** ( حادثه بها اصابه - موت ) - **Incident** ( حادثه مفاجئه او في فيلم ) - **event** ( حدث او مناسبه )

18- **Life** ( الحياه بصفه عامه عكي الموت ) - **A life** الحياه محدده بشخص او شيء

There's been a bad accident on the freeway.

There have been several violent incidents at football matches recently.

The conference was an important social event

19- **cause** ( سبب ) - Scientists are trying to find out what **causes the disease.**

**cause** ( سبب ) **to** ( المصدر ) The cold weather **caused me to sleep** early

**cause of** + ( سبب ) اسم **-What was the cause of the fire?**

**reason for** + ( سبب ) اسم **Can you give the reason for leaving ?**

**reason why** + جمله كامله **Is there a reason why you can't come?**

### Test yourself

1. My daily ( customs- red tape- routine-walk ) every Friday is to visit my married sisters and spend some time with their children.
2. Our brave soldiers received the ( sign- signal-speech- saying ) to start the attack on the enemy.
3. There is a ( sign- signal-speech- saying ) in front of the mueuem asking for not smoking .
4. The disabled should have the ( priority – former- success-minority ) to be appointed in the government.
5. We connect our mobiles ( with- to –by-at ) a charger when we charge them
6. Ali couldn't come to the party ( because- because of-since- while ) his accident.
7. Most of the ( energy- lights-petrol-earth ) we use still comes from renewables
8. I saw someone coming in front of me suddenly . I was afraid but greeted ( him- her- us- them )
9. Snakes often ( afraid-fear- scare-freeze ) a lot of people although they don't attack people at first.
- 10 Planes gain their speed ( gradually- regularly- quickly-quietly). They begin slowly and then become very fast.



11. After the accident, my friend began to improve as he took the medicines (gradually-regularly- quickly-quietly )
12. My father suggested that we ( slept- sleeps-sleep-sleeping )early to be healthy.
13. My father suggested that we ( would sleep- should sleep- will sleep -sleeping )early to be healthy.
14. My father suggested ( would sleep- should sleep- will sleep -sleeping )early to be healthy.
16. Practising a lot of exercises regularly will have a good ( affecting- affection- effect- affect ) on all of us.
17. Practising a lot of exercises regularly will have a good ( affecting- affection- impact - affect ) on all of us.
18. The plays of Shakspear have been (influence- influential- effect-impact ) on the writings of other writers.
- 19.Bethoven was a very (influence- influential- effect-impact ) person in music . He wrote a lot of wonderful music.
20. The plane's accident was ( an experience -experience- experiences- an experiment ) he wouldn't forget for a lng time.
- 21 He is an expert in teaching. He has more than thirty years (an experience -experience- experiences- an experiment ) in teaching.
22. Students should study ( hard- hardly- harden-hardship ) to get high marks.
23. My father (hard- hardly- harden-hardship) gets any holidays. He works on fridays too.
24. There is a (gradual- regular- quickly-quite ) improvement in our economy because of the new investments.
- 25.On my way home, I stopped (to buy-buying-to buying-buy) bread.
26. My doctor advised me to stop (to smoke-smoking-to smoking-smoke).
- 
- 27- Why don't you ( using – to use -to using – use) make a plan to organize your work?
- 28-Have you thought about ( doing- do - to doing – to do ) more exercise?
- 29-What about ( finish – finishing - finishes – finished ) the most important things first?
- 30-You could ( study - studying – to study – studies ) together and help each other.
- 31-Have you considered ( to read - reads-reading - read ) a book before going to bed?
32. Have you (think-thought-thinking-thinks) about starting a new project to get money?
33. You could (has-having-had-have) asked me for help if you were feeling so stressed!
34. Why ( can't-don't-didn't-aren't ) you use a diary to help you plan your work?
35. We don't know The ( cause- reason – evidence- clue ) why he left his job.
- 36- There is no ( lives- a life- death- life) on other planets.
- 37.The sixth of October is a great (accident - incident - event -memory ) to honour our martyrs.
38. What ( in-on-about-for ) watching that wonderful film?
39. ( Will- Should- Shall- Can ) we play fooball ? - It's a good idea.
40. Have you considered ( to tell- telling- told- tells ) the family about your problem.
- 41.Let's help Ali to solve his problem, ( shall we- will we- can we- do they )?
42. Every member in the club can ( do – make- give- receive ) his suggestion to develop it.



43. ( Athletics – Swimming- Boxing- Robbing ) is the most important game in the Olympics.
- 44- A lot of youth use the internet to ( upload- download- knew-realise) the latest songs to hear them offline.
45. All the streets are ( wit- wet- rain- mud) as it had rained for an hour
46. The ( cause- reason – evidence- clue ) of the fire is unkown. The police are still investigating.
47. ( Sociable- Social- Society- Community ) media plays an important role io our life.
- 48.Dr. Magdy Yacoub ( sit- set- find- build) up an association for helping people with problems in the heart.
49. Ahmad Shawky wrote a ( film- poem-story-tale ) about the Nile. Its verses are great.
50. My father measured his blood pressure and found it ( natural- normal-industrial-man made). He is in a good state.



### READING

#### HOW TO AVOID BURNOUT

**Burnout** is a **mental health problem** that is **affecting** more and more people today because there's so much **pressure on** us to work hard and do everything perfectly. When you **experience burnout**, you feel **exhausted** and you usually don't **spend** enough time **doing** things you enjoy. You might **stop doing hobbies** that you used to enjoy and you may become ill more often than usual. As a result, people **experiencing burnout** feel like they can't live their lives **normally** anymore.

**Burnout** is usually caused by both **decisions** you make about things that you can control, for example, the **amount** of homework you have to do, and situations you can't control, for example if you spend a lot more time **on your homework** than you have to **because you want to do it perfectly**. This is your **choice** or the result of poor **time management skills**. If you're **in danger of suffering from burnout**, you will usually **experience a lot of stress**, find it difficult to sleep and have **a lot of headaches** or **pain** in your **shoulders and back**. In order to **improve your mental health**, you need **to take responsibility** for the things that you can control. For example, if you find it difficult to say 'no' when people ask you **to do activities** outside of school and you feel exhausted because of this, you could change this **behaviour**. Then you can start thinking about activities you really enjoy doing. These should be activities that help you to forget about everything else that is happening, **such as drawing or painting**, doing a sport or having **'real' conversations** with your friends and family. Activities like these are examples of **self-care**. They help to **promote** better **mental health** and **increase your well-being**.

#### WB

#### Studying can be stressful.

Here are four **tips** to make life easier.

**Tip 1:** Divide the things you need to do into four **categories** These are (1) **urgent** and important (2) important but not urgent (3) not important but urgent (4) not important and not urgent. Using this **system**, you will quickly be able to see what you have to do now and what can wait when to take a rest This will help you to **avoid burnout** and **continue studying**. Use **a clock with an alarm**, after every twenty-five minutes, take **a five minute break** and stand up and **stretch**.

**Tip 3:** You should **do exercise on a regular basis**. Exercise will **produce endorphins**,



which are **chemicals** that help to **reduce stress**. If the exercise is outside you will also benefit from some fresh air.

**Tip 4:** You should not eat **unhealthily** when you are studying. A salad is quick to prepare and **fruit is a better snack than chocolate**. You **should also avoid having** too much caffeine. Water is much healthier.

## SUPPOSE

by Phoebe Cary

① **Suppose** you're **dressed for walking**,  
And the rain **comes pouring down**,  
Will it **clear off** any sooner  
Because you **scold and frown**?

② And wouldn't it be nicer  
For you **to smile than pout**,  
And so **make sunshine in the house**  
When **there is none without**?

③ And **suppose the world** don't **please** you,  
Nor the way some people do,  
Do you think the **whole creation**  
Will be **altered** just for you?

④ And isn't it, my boy or girl,  
The wisest, **bravest plan**,  
**Whatever comes**, or doesn't come,  
To do the best you can?

When I talk to **teenagers** who are **suffering from burnout**, I **start by talking** to them about the **negative effects** of their **mental health problems**. It's a good idea to ask how they're feeling, for example, they may **feel exhausted** or they may not have any time **for self-care**. Then I ask them about their **routine** because I want to find out **how much time they spend doing** their homework and how much time they spend **on other activities**. After that, we can find out if there's anything we can change, for example to have better **time management**. A final important thing to look at how the student can **make more time** for them.

## Skills for life

It's important to be **aware of the signs** of burnout. Then you can **take action** so the situation doesn't **get any worse**. It's also important to **share your feelings** with people you **trust**, like your family or teachers because they can help.

## Reading

Hi Mohamed,

I wanted to write because I've **noticed** that you don't seem to be your **normal** self at the moment. You used to have so much energy, but now you look exhausted a lot of the time at school. I think you're feeling because I was suffering from a lot of stress last year too. I couldn't **cope with** all of the homework I had. **Instead of doing** the work, I used to just sit at my desk and worry about it for hours. I remember that I was **exhausted** all the time and my teachers weren't very happy with my schoolwork. **Time management** was something I didn't know anything about back then, but I asked my sister for help and she **showed me how to plan my study** time better. Is there something that you're worrying about which is stopping you getting to sleep? Or maybe you're **doing too many things** at the moment. Everyone suffers from



stress and finds it difficult to cope with life sometimes, so don't **worry about** it. When you understand that, you can **start to identify** the reasons for your problems. Why don't you think about what is happening in your life at the moment? Is there anything that **much time on**? How often do you make the time to do something you really enjoy? We could **get together** to **have a talk** about what's going on if you want. Just let me know when  
Talk soon,  
**Karim**

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### A SHORT EXTRACT FROM GEORGE MITCHELL'S BOOK

One way to help you deal with life's problems is to focus only on the things you can change. There are **many external factors** which may influence how well you can cope with a **particular problem**. However, you **should accept** that there are some things you just do not have control over. It is not helpful to worry about these things. For example, when it rains do you **get stressed** about getting wet? Or do you buy a good raincoat to keep you warm and dry in bad weather? This is an example of how you can find a quick and simple **solution** to what others might see as a problem. This is also the first **step to accepting** change as something normal. It is a simple way to make sure you remain positive when you face life's **difficulties**

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### WB

For the last few weeks, I've been feeling like I can't cope with everything in my life. My friends are getting great marks at school and after school they meet up. But I don't have time to join them. On social media they always upload photos and videos of themselves having fun in the park and around town. I don't know how they find the time to do all these things and study too.

---

I like to know what is happening in the world and I have **set up** my phone to send me news alerts. Recently though, there have been so many problems happening around the world and it's making me **feel stressed**. It's having **a big impact on** my well-being. I often feel quite anxious and don't want to leave the house.

---

I have just **started doing sport** to **calm down** because recently I've been **quite angry**. We have just moved to a new city **because of my dad's new job** I had to leave all my best friends, the athletics club I was in and all this happened **during an important year at school**. I want to study medicine, so I have to get **good results** in my exams. I often get angry about small things

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الحمد لله رب العالمين

## استله الوحدة كلمات

## UNIT Four

## EXERCISES

Mr El Sebaei Exercises on Unit four

Mr El Sebaei Atteya

## 1 Choose the correct answer from a, b, c or d:

1. The new (management-presidential-managers-directors) **for Zamalik Club** faces some knotty problems, but they are able to solve all the problems alone. **They don't need watches.**
2. At the end of the season three teams were (gone- promoted-travelled- sent) to the Premier League.  
They will play against Liverpool and Manchester City.
3. Young boys recruited at an early age by football clubs often suffer from (expression- burnout -impeccation-disease ) before they are out of their teens.
4. Singing can create a state of (delighted--sadness - relieve--well-being) . Most people feel happy.
5. The result of the (experience- game- incident - experiment ) surprised all the scientists. It will help them develop a new cure for cancer.
6. I found playing the guitar very difficult at first, but in the last two weeks I've( artificially - brutally - gradually-cheerfully) improved
- 7- Some people suffer from ( physical-mental - natural- industrial )illness . They can't remember what they have done.
8. Doctors are responsible for the (healthy- care- experience - impression ) of all the patients.
9. The emotional and (physical -mental-psychological-social ) health of the children is very important. They should practice moderate sports daily.
10. We are now concerned with the economic (well-being -- trouble—industry—tourism )of the country. It will improve all the aspects of life in Egypt.
11. If you don't turn the taps off, you can waste a huge (number -amount -account -discount) of water in a short time.
12. Many youth nowadays ( suffer- blame- frown-pout ) addicting a definable alcohol, drug, or mental disorder.
13. A/An (operation – experiment – process - illness) is a series of events or changes that happen in a lab under the supervision of a scientist.
14. Dad's ( diseases- health - mental - management )hasn't been good lately. He suffers from high pressure.
- 15- I am always studying and when I have free time , I stay in bed. I'm suffering from-----  
a) amnesia فقد ذاكرة      b) burnout إجهاد      c) constipation إمساك      d) diarrhea إسهال
16. The storm has had a bad (effect - afflict - affect - detect) on the crops. Farmers have lost a lot.
17. Astronauts must train well and much to ( adapt-cope-adopt-walk ) with the climatic conditions in space.
18. Massage is a wonderful treatment for (disease-stress- illness-exhaust ). It relieves it very much.
19. While a moderate amount of stress can be beneficial, too much stress can (frown- pout- scold-exhaust) you.
- 20- I don't have the time to do everything I want to do. I'm bad .....  
a) extra time      b) waste time      c) time management      d) part time



21. My father was promoted to be the chairman of Toyota Company in Egypt in 2010. His (experiment - management - process - effect ) has achieved great profits
22. The political parties should take concrete steps to ( enlarge- decrease- modify – promote) equality , solidarity and non-discrimination.
23. Bosses always (praises – blames- scold-insults ) clerks who make mistakes that cause losses.
24. The boy (frighten- frowned-sadness-pleased ) after the results of the exams were announced. He got low marks.
25. He's ( claim- supposed- frowned-pout ) to have abilities that no one can expect . He is a genius.
26. Staying up for a long time can cause a state of (exhaust- blame-burnout) to a lot of people.
- 27- You must always make time for ..... If you look after yourself, you can help others ,too.  
a) self-care                      b) self sufficiency                      c) self denial                      d) selfish
28. Our parents teach us that praise with the good and (promote – danger - scold- avoid) with the bad.
29. We shouldn't (praise – blames- scold-insults ) old people whatever mistakes they do. We should be kind.
30. All the Egyptian people became (frighten- frowned-sadness-pleased ) after hearing about our martyrs in Sinai. The terrorists are killers.
31. She has strange dreams. I'm worried about her (time management-exhausted-mental health-relatives).
- 32- The adjective ( exhibits- delighted- exhausted-exhorted ) describes the feeling of being very tired.
33. A. Do you (refuse- suppose- frown-pout ) that the witness was telling the truth ?  
B. No, He was hesitated
34. (When-How-Why-What) studying for a long time, you should have a rest to refresh yourself.
- 35- ( Physical - Mental -Metal-Mutual) health shows how a person thinks and the emotions they feel
- 36- ( Physical - Mental -Metal-Mutual) health shows how the state of the body seems.
37. You should do exercise on a regular (basis-root-bases-law) not to suffer from the symptoms of aging.
38. Burnout is usually caused by the decisions you ( do – make – give – say ).
- 39- Why don't you ( spill- do- spout- pour ) yourself another drink ?
40. My parents are very ( stress- stressful- relaxed- exhaust ) about my brother staying up out late.
41. During studying my lessons, I have ( sudden- gradually- regular- balance ) to renew my energy.
42. The director of the film returned the scene of sadness four times , he wanted the actress to draw a real (suppose- frown- carry-praise ) on her face
43. I feel (sorrowful – useful - hopeful – lawful) that we'll find a suitable house very soon.
44. Nothing can live without ( lights-energy- powerless-expression). It is necessary for all aspects of life on the earth.
45. Amal is always (relaxed-comfortable-stressful-exhausted) and she never has the energy to do anything. She should see a doctor.
46. My grandfather doesn't (defend- promote-remain-expect ) that women leave their natural tasks at home to work outdoors. They have an important role in their houses.
47. (Suppose -Sense -Skid -Surrender)is used to say something is true , although you are uncertain about it.
48. The ( invention- discovery- invitation-research ) of coronavirus vaccine is wonderful medical breakthrough to overcome this pandemic.



49. Doctors use ( caffeine- endorphins-painkiller-injections ) to relieve the patients' pain
50. In winter, most Egyptians like watching the rain ( failing- pouring- hitting- dropping ) down.
- 51- If you fail once , don't be ( confident-reliable -frustrated -determined) and concentrate on your work to achieve your goals.
- 52- It is important to be ( unaware -unconscious-aware -software )of the signs of burnout. Then you can take action .
- 53-Most people found it difficult to sleep ( because -because of -since -although)their mental health problems.
54. Make exercise a part of your daily (red tape-routine-rotten-system). You shouldn't stop doing it.
55. We should be (thanks- grateful-thankless- helpful ) to our parents for all they have done for us.
56. What ( results- affection- activities- causes ) should I do to improve my well-being?
57. Youth should learn how to ( act- react -go-behalf ) to the problems they face in their everyday life.
58. We have to spend some time (discuss-discussing-to discuss-at discussing) this problem
- 59.The zoo needed better (run-management -style-experience )rather than more money. The principal should be strict and kind at the same time to achieve good results
60. Most people who take regular vacations suffer from less (expression-burnout- frown-sorrowful )
- Although we should cope with today's challenge , we should look ahead.
61. The government should do more to (promote-demolish-destroy-play) sustainable agriculture.
- 62- The antonym of pout is ( frown – scold – smile – smile )
- 63- The synonym of pout is ( frown – scolded – smile – smile )
64. We ( suspect -respect -expect -accept )the doorman for committing the crime.
65. Ola had a (physical-mental- unconscious – danger ) breakdown and was diagnosed with schizophrenia.
66. Doctors and nurses at the units of corona virus have a high rate of (depression- burnout – impression-disease )
- 67-It is good to do ( regular – burglar – burger – irregular ) exercise, so I go running every day.
- 68-Sami ( did-made- get – let )a lot of work last night, but he still didn't finish his homework!
- 69 . My friend ( made – did – bought – get ) a lot of money when he worked as an actor.
- 70-The problem is that , you don't always get (gradual- regular- irregular -balance) work.
- 71- Adel's job is very ( stressful -balanced -pressure -press).He is a firefighter and his work is often very dangerous
- 72-Tamer never goes on a plane. He ( frighten – fears – suffers – saves ) from a fear of flying.
- 73- ( Stress – Accent – Dialect – Tress ) is the twenty first disease
74. Almost 50 per cent of cancer (sufferers – doctors – patient - nurses) are treated successfully.
75. Even a quarter of an aspirin tablet, taken in (regulate - regular – regularly – regulation) doses, can be enough to prevent heart attacks.
- 76- Every one hopes (she-he-we-they ) can make someone's life ( painful – pain – happy-heavy )
- 77- Every one hopes they can make someone's life less ( painful – pain – happy- heavy )
- 78.This book has some useful ( tops -taps -tapes - tips) on how best to revise. Yu should read it.
79. To ease is to make something less (clear – painful – fearless - sudden).
80. This medicine will help to ease your (anxiety-stressful-mention-power )



81. Diabetic people should (reduce-cope-increase-sleep ) with the symptoms of the increase and lack of sugar in their bodies.
82. One of my friends has a mental (health-healthy-healthily-unhealthy) problem. He speaks loudly and we don't understand him.
83. Whatever the cause , you should be quiet and not to (promote – danger - scold- avoid) or punish the officials for minor mistakes.
84. You look exhausted! I think you should consider (to go-going-go-went) to bed earlier.
85. My wife became (pleased- frowned-delighted-happy ) when I forgot her birthday .
86. You should identify the ( reasons – causes – lessons – classes ) for your problems to be able to solve them .
87. The members of the big families should ( set- get-fun-come ) together to solve our urgent problems.
- 88-Your brilliant success is ( worse – worth – myth – both ) the effort .
89. It is important to share your feelings with people you (doubt- misunderstand-suspect-trust ) like your family or teachers.
90. Smiling can help reduce stress and increase (caffeine- endorphins-chemical-crimes ) in blood that reduce blood pressure.
91. Students have to cope with a lot of (happiness-evidence-actress-stress) in their studies and uses sport to help them relax.
- 92-You should try to learn better time management ( skills – hobbies – interests – fun )
- 93- Some situations may have a negative effect ( in – on – at – of ) your mental health.
- 94.You should start thinking about activities you really enjoy ( making- going- doing-playing )
- 95.. My mom always advises me to avoid (talking-to talk-to talking-being talked) with bad people.
- 96- I told my little brother not to worry, as when the dentist looks at your teeth, it is .....  
a) pain                      b) painful                      c) painless                      d) pains .
- 97-Does this drug have any side (effects – affects – reflects - infects)? - No it is safe.
- 98-The astronauts are planning a four- (hour- hours- hours'- hour's ) space walk to carry out the necessary repair work on the shuttle.
- 99-Space tourists can (act – take – do – make) weightless sports in space.
- 100-We really need to spend more money (at – with – on – in) education.
- 101.-It is a horrible thing to see one person make another (please- suffer- carry-study ).
- 102.-She had a ( stress- stressed-stressful-frightened ) job as a representative .
- 103-Movement can be (thankful – faithful - painful – thoughtful) when you've hurt your back.
- 104- I'm (hopeful – thoughtful – awful – fruitful) that I will find another job but who knows how long it will take.
- 105- It was so (delightful – hopeful – admirable – horrible) not only losing my father, but losing my closest friend too!
106. Machines need (energy- light-petrol-oil ) to work .
- 107.Most companies in the world are ( keeping- helping-starting-coping )with struggling economic downturns because of coronavirus.
- 108.Parents shouldn't ( praises – blames- scold-insults) their children in front other people, especially relatives and friends.
109. My father has been (raised-replaced-promoted-managed) to a higher position in the company.
110. My grandmother said walking in the countryside helped (improve-prove-drove-proof) her physical and mental health.
111. Self-care is to taking care (for-at-after-of) yourself.
- 112-Activities such as drawing , painting and doing a sport are examples of self -----  
a) burnout                      b) care                      c) exercise                      d) training
113. My parents (make-have-do-stop) me finish my homework before they allow me to watch TV.

114. At the end of prep three, students can ( promote –set-sit-measure ) directly to the secondary schools.

115- We all should work for the (well-being—happening—sorrow--influence ) of our nation to be a progressive country.

116- Farmers water their crops (regularly – bitterly – disorderly – formerly) to grow well.

117. The firm decided to appoint a new ( manager- management –director- actor ) team to be able to increase the production and sales.

118. The firm decided to appoint a new ( manager- management –dctor- actor ) to be able to increase the production and sales. He will be chosen carefully.

119. He (earned – gained – won – escaped) valuable experience while working on the project.

120. He fell off his bike, but fortunately he was (uninjured – uninfected – uninterested – unintended).

121. The government should relieve ( stresses- pressures-laws-crimes ) on youth and provide them with jobs in all the sectors that suit their abilities.

122.( Gradual – Regard – Regular- Irregular ) repeated, normal or usual

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## Grammar

### MODAL VERBS OF NECESSITY, PROHIBITION AND LACK OF NECESSITY

الأفعال المساعدة الدالة على الضرورة و التحريم و غياب الضرورة

**1- Have to / Has to = It is necessary to do..... (We have no other choice)** مضطـر أن

كما تستخدم للتعبير عن إلزام مفروض علينا وليس أمامنا اختيار بسبب القواعد والقوانين أو الظروف

- If she wants to start her course this year, she **has to apply** before the end of March.
- We **have to wear** helmets if we are going to take the motorcycle. (The law says so.)
- You **have to show** your passport when **you leave the country**.

كما تستخدم في الأوامر:

- You **have to apologize** to Mona. You don't want to lose her as a friend. (advice)
- You can't go out. You **have to clean** your room first. (an order)

- يمكن استخدام **have to** في الأزمنة المختلفة (ما عدا الأزمنة المستمرة)

- I **had to work** six days a week. = -**It was necessary for me to work** six days a week.
- My flight is at six in the morning. **I'll have to get up early**.
- **Have you ever had to go to hospital?**

- تستخدم (do / does) مع (Have to / Has to) في السؤال و النفي

- **Do you have to put on** a uniform at school?
- She **doesn't have to buy** a new dictionary for school?

- يمكن أن نستخدم (have got to / has got to) بدلا من (have to / has to)

- I **have got to go to work** on time.
- She is late for the meeting, she **has got to take** a taxi.

- نستخدم (have got to / has got to) في السؤال بدون فعل مساعد

- **Have you got to be** at the office every day?
- **Has that man got to** carry all the boxes by himself?

**must + infinitive: = it is necessary to .....**

يجب أن

كما تستخدم للتعبير عن (الزام داخلي) أي إحساس قوي بضرورة عمل شيء من وجهة نظر المتكلم أو للتعبير عن أن شيء مهم بالنسبة لنا وفي هذه الحالة تستخدم فقط مع الضمائر I / We ومع You في حالة السؤال:

- I **must visit** my grandparents more often. (It's important to me that I do.)

- **Must you wear** that yellow tie?  
(Is it important to you that you do it? This also suggests that it bothers me.)

كما تستخدم للتعبير عن نصيحة قوية

- You **mustn't be** late or dad will be angry. (strong advice)
- You **must wash** your hands before you eat. (strong advice)

وفي الأوامر كما تستخدم في القوانين والقواعد وعندما نذكر أنفسنا بضرورة عمل شيء:

- You **must clean** your room before you go out with your friends. (an order)
- Drivers and passengers of motorcycles **must wear helmets**. (a law)



كما تستخدم في حالة توجيه دعوة أو التعبير عن مشاعر صادقة:

- You **must come** and see us at the weekend. - You **must try** a piece of my cake.

تستخدم في الاستنتاج أو التعبير عن نتيجة منطقية: ( سيتم شرحه بالتفصيل )

- Dad **must have left** already. I don't see his car.

لاحظ استخدام للتعبير عن الضرورة في المضارع والمستقبل فقط:

• I **must go** now.

• I **must see** my doctor tomorrow.

**need / needs to + infinitive:**

تستخدم للتعبير عن أشياء ضرورية في الحاضر أو المستقبل

- He **needs to be busy** all the time or his boss will be angry.

- We **need to revise** for next week's exam.

- تستخدم **Must** في السؤال بدون فعل مساعد وتأتي في بداية السؤال:

- **Must he send** the e-mail now?

**3- Had to : It was necessary to do.....**

اضطر أن

- تستخدم (**Had to**) للتعبير عن إلزام و ضرورة في الماضي

- We **had to do** a test at school today.

- We **had to take** a taxi as it **was raining** heavily.

**4- Mustn't : It is necessary NOT to do.....**

يجب ألا

**mustn't + infinitive:**

تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو تترتب عليه نتيجة سيئة إذا قمنا به:

- You **mustn't smoke** in hospitals. = You **aren't allowed to smoke** in hospitals.

= You **aren't permitted to smoke** in hospitals.

= You **are forbidden to smoke** in hospitals.

= You **are banned from smoking in hospitals.**

= You **are prohibited from smoking in hospitals.**

= You **aren't permitted to smoke** in hospitals. = you **are forbidden to smoke** in hospitals.

(Mustn't = (be) not allowed = (be) not permitted to = (be) banned =

(be) prohibited = (be) forbidden to)

- ويمكن أن تبدأ الجمل بالشيء الغير مسموح به

- Smoking **is not allowed** in hospitals.

- Parking **is forbidden** here.

**5- don't have to / don't need to / needn't + infinitive:**

**Doesn't have to / doesn't need to = It is NOT necessary to do..** لا داعي أن-غير مضطر

تستخدم للتعبير عن عدم الضرورة في المضارع أو المستقبل

- She isn't late for school so she **doesn't have to / needn't hurry**.

- When you are on holiday, you **needn't go to bed** early.

- She **doesn't have to work** on Saturday.

**6- - Didn't have to = didn't need to = It wasn't necessary to., so we didn't** لم نضطر أن

- تستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدث لـم تـم في

الماضي لأنه لم يكن ضروريا)

- We **didn't have to go** to school **yesterday**. It **was a holiday**.

- I **didn't have to do** the shopping **yesterday**. My brother **did it**.

**7- Needn't have + PP. : It wasn't necessary to....., but we did**



- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدث تسم في الماضي على الرغم من كونه لم يكن ضروريا)

- You **needn't have brought** your umbrella. **It's not going to rain.**

- لاحظ الفارق في المعنى في الجمل الآتية

- I **didn't have to buy** more bread. We **already have a lot.**

(I **didn't buy** bread because we have some.)

- I **needn't have bought** more bread. We **already have a lot.**

(I **bought** bread, but it was not necessary because we have some.)

- في حالة التعبير عن الضرورة في المستقبل نستخدم **must / have to / will have to**

- I **have to get up** early tomorrow.

- I'll **have to send** the fax tomorrow.

- لاحظ الفرق بين استخدام **need to** كفعل ناقص واستخدام **need** كفعل عادي بمعنى يحتاج أو يتطلب

- This job **needs computer skills.** - I **need to finish** the job early. = I **must finish** it early.

### Test yourself

- 1- You (mustn't-needn't-don't have to-won't) park here. It says a "No Parking area.
- 1- If I want to start this year, I (have to-may-might-shall) apply by the end of next week. I have no choice.
- 2- I really (can-must-may-might) go and get some bread before the shop closes. I don't have any bread left at home
- 3- We (have to-must-mustn't-needn't) buy souvenirs for our friends while we're here.
- 4- You (doesn't have to-didn't have to-shouldn't-needn't) come if you don't want.
- 5- We (mustn't-don't need to-can't-shouldn't) lock the car. It's safe here.
- 6- You (needn't-mustn't-should-ought to) drive. You're too tired.
- 7- At my sports club, everyone (has to-should-may-might) wear flat shoes. It's an important rule.
- 8- You (shall-could-need to-manage) get more practice if you want to pass your driving test.
- 9- I (need-have got-needn't-must) phone my friend this morning. I promised him I would.
- 10- We (must-mustn't-needn't-don't have to) forget that tourism is very important for Egypt.
- 11- You (needn't-mustn't-don't have to-have to) drive fast in the city centre. It's very dangerous.
- 12- You (must-need-have to-needn't) pass your exams to go to university.
- 13- You (can-have to-mustn't-might not) take photographs here. It's against the law.
- 14- My children (have to-must-need-needn't) study ancient history at school next year.
- 15- You (mustn't-don't have to-need to-needn't) speak so loudly. We are in the library.
- 16- When you arrive in another country, you (have to-don't need to-mustn't-haven't) show your passport.
- 17- I (don't have to-shouldn't-need-must) hurry. My train leaves in 5 minutes.
- 18- You (may not-mustn't-can-ought) bite your nails. It's a bad habit.
- 19- I have been tired all day. I (needn't-have got-don't have to-must) get more sleep.
- 20- I was very tired yesterday. I (was-must-needn't-had to) go to bed early.
- 21- You (don't have to-mustn't-can't-don't need) take that train. There's another one in ten minutes.
- 22- You (must-have to-need to-needn't) buy a pen. I can lend you one.



- 23- You (must-ought-should have-could have) come and stay with us in Arizona sometime.
- 24- I ..... my room yesterday; my sister had already tidied it.
- 25- a don't have to tidy    b didn't have to tidy    c had to tidy    d must have tidied
- 26- I'm sorry for not visiting you last night; I ..... see my doctor.
- 27- a needn't                      b didn't have to                      c had to                      d must
- 28- You are wasteful; you ..... more sugar. We already have a lot at home.  
a can't have bought    b had to buy    c didn't have to buy    d needn't have bought
- 29- Ali isn't late for school; he .....hurry.
- 30- a mustn't                      b don't have to                      c needn't                      d has to
- 31- Children ..... wear a uniform in primary schools.
- 32- a must                      b have to                      c mustn't                      d shouldn't
- 33- You ..... worry, still you have a lot time of to catch the train.
- 34- a don't have to    b must                      c should                      d have to
- 35- You ..... take photos here; it's a military area.
- 36- a must                      b mustn't                      c needn't                      d shouldn't
- 37- You ..... try my sister's cake now. It's really delicious!
- 38- a needn't                      b had to                      c must                      d mustn't
- 39- I really ..... buy my mother a present on her birthday; One should be grateful!
- 40- a needn't                      b have to                      c mustn't                      d must
- 41- At an airport, I .....show my passport.
- 42- a can't                      b don't have to                      c have to                      d shouldn't
- 43- In Egypt, most people.....work until they are 60; it's a work law there.
- 44- a mustn't                      b have to                      c needn't                      d shouldn't
- 45- Mona is economical; she ..... more bread; she actually has much in the fridge.
- 46- a needn't have bought                      b didn't have to buy
- 47- c should have bought                      d had to buy
- 48- You ..... pass a driving test to drive a car in Egypt.
- 49- a mustn't                      b needn't                      c have to                      d must
- 50- Is it a/an ..... to take this medicine?  
a advice                      b unnecessary                      c necessary                      d must

## Grammar

### MODAL VERBS OF DEDUCTION, ADVICE AND REGRET

الأفعال المساعدة الدالة على الاستنتاج و النصيحة و الندم

#### 8. should / shouldn't / had better / had better not + infinitive:

كما تستخدم عادة للتعبير عن النصيحة

- You **should look for** a new job. = It is a good idea to look for a new job.
- You **shouldn't look** at the sun. It's very dangerous.
- You **had better not look** at the sun. It's very dangerous.

#### 9. should have + pp.:

كما تستخدم للتعبير عن أن شيء كان يجب أن يحدث في الماضي ولم يتم وتستخدم عادة عندما نوجه اللوم لشخص لعدم قيامه بعمل معين: ( لوم - عتاب )

- You **should have done** your homework yesterday.

#### - shouldn't have + pp.:

كما تستخدم للتعبير عن أن شيء كان يجب ألا يحدث في الماضي ولكنه حدث ونستخدمه عادة عندما نوجه اللوم لشخص لقيامه بعمل معين: ( لوم - عتاب )

- You **shouldn't have parked** your car here. It's a 'No Parking' area.

#### 10. can / can't + infinitive:

كما تستخدم للتعبير عن القدرة على عمل شيء في المضارع أو المستقبل:

**can + inf. = am / is / are + able to + inf.**

**am / is / are + capable of + v. + ing**

**have / has the ability to + inf.**

- I can see very well without glasses. = I have the ability to see well without glasses.
- We can solve this problem. = We have the ability to solve this problem
- = It is possible for us to solve it.

كما تستخدم أيضا للتعبير عن الاحتمال في المضارع

- I can play tennis in the park whenever I want to.
- We can't waste time watching TV.

كما تستخدم للتعبير عن شيء مسموح به أو غير مسموح به في المضارع

- In some countries, you **can drive at the age** of 17. (**The law says this is permitted**)
- In some cities, people can't use their cars every day.  
(This is not permitted / it's against the law.)

#### - could / couldn't + infinitive:

كما تستخدم للتعبير عن قدرة عامة على عمل شيء في الماضي

- At the weekend, they found a shop where they could buy cheap books.
- My sister looked all over the house, but she couldn't find her phone.

كما للتعبير عن قدرة محددة في الماضي على الرغم من وجود صعوبة نستخدم

**was / were + able to + inf. = managed to + inf. = succeeded in + v. + ing:**

- I took my car to the garage this morning, where one of the mechanics was able to / managed to start it.
- I'd been trying to send that e-mail all day. Finally, I succeeded in sending it at six o'clock in the evening.

كما تستخدم للتعبير عن شيء مسموح به أو غير مسموح به في الماضي



- In the past people could drive a car without passing a driving test.
- In the past, women couldn't vote in elections

### 1- Must + inf. = I am sure

لابد أنه

- يستخدم (Must) للتعبير عن الاستنتاج المتيقن القائم على دليل في المضارع

- You **must speak** good Arabic if you've lived here for 10 years. (I'm sure you speak good Arabic.)
- Must + be + n. / adj. لابد أنه
- He **must be** English. He speaks English well. (He is definitely English.)
- Ali **must be** happy. He has just won a gold medal. (I'm sure Ali is happy.)

### 2- Must ... مضى..... Must have + pp.

- يعبر (Must have + pp.) عن الاستنتاج المتيقن القائم على دليل في الماضي

- It **must have been** cold there. There is snow on the ground in the photo.  
(It was definitely cold there)
- Passing his driving test **must have made** Ahmed very happy.  
(I'm sure passing his driving test made Ahmed very happy.)
- There **must have been** a sandstorm. The streets are covered in sand.
- She **called me from a friend's phone**. She **must have lost** her mobile phone.
- It **must have been** very windy during the night. There are branches all over the ground.

### 3- Can't / Couldn't

لا يمكن أن يكون

يعبر عن الاستنتاج المنفي القائم على دليل في المضارع

- He **can't be** Egyptian. He **doesn't speak** Arabic. (He is definitely not Arabic.)
- That **can't be** Kamal. He **looks too old**. (I'm sure you are not Kamal.)

### 4- Can't / Couldn't ... مضى..... Can't / Couldn't have + pp.

تعبير (Can't / Couldn't have + pp.) عن الاستنتاج المنفي القائم على دليل في الماضي

- Ali **can't have forgotten**. He's got a very good memory.
- They **can't have had** lunch. Their food is in the fridge.
- It's only 4 o'clock. The match **can't have finished**. it's too early already.  
(The match definitely hasn't finished early)
- Ali was not at the meeting. He **can't have read** my e-mail.  
(I'm sure he didn't read my e-mail.)
- You **couldn't have finished** that book already. (I'm sure you didn't finish it.)

### 5- Might / May / could

من المحتمل

للتعبير عن عدم التأكد ( الاحتمال ) في المضارع عندما لا يوجد دليل

- He **might be** French, but he is probably Italian. (it is possible that he is French)
- He **might / may be** at home. I'm not sure.

### 6- Might / may ... مضى..... Might / may have + pp.

- Azza **wasn't** at school yesterday. She **might have had** a doctor's appointment..



(It's possible that Azza had a doctor's appointment)

- He **might have rung** yesterday evening. (It is possible but I am not sure.)
- Going by car **might have taken** longer than going by train. (But it might not.)
- تعبر ( **could have + P.P.** ) أيضا عن شيء كان من الممكن حدوثه ولكنه لم يحدث لأننا لم نستغل الفرصة
- He **was able to do** the job but **he didn't**. = He **could have done** the job.
- أحيانا يمكن أن تعبر الجملة عن الاستمرار وفي هذه الحالة نستخدم
- **must / can't / may/ might / could+ be + v.ing**
- What is Ali doing in his room? - **I'm not sure. He may be studying.**
- **must / can't / may/ might / could+ have been + v.ing**
- What was Linda doing? - **She must have been working** on her computer.

### Test yourself

1. Emad didn't take his keys with him. He (could have seen-could see-might see-can't have seen) them on the table.
- 2-This (may-can't-must-could) be his car. He's too poor to afford such an expensive car.
- 3-Ali isn't here. He (must-can-ought-should) have gone home to study for the test tomorrow.
- 4-Ahmed is a professor of Chemistry. He must (be-have been-have-had been) very clever at school.
- 5-He (must have-can't have-might-can) have missed his train. He's usually late.
- 6-His watch (must-might-can-can't) have cost a lot of money. It's made of plastic.
- 7-It (can't have-will have-must have-didn't have) been very windy during the night. There are branches all over the ground.
- 8-Tunnelling under the Nile (must have-may have-can't have-might have) been easy. I'm sure it was difficult.
- 9-My father (didn't have-won't have-shall have-must have) walked to work this morning. His car is still in the garage.
- 10-He can't walk. He (must-mustn't-shouldn't-won't) be ill.
- 11-He spends so much money. He (can't-shouldn't-must-won't) be rich.
- 12-You (can't have-must have-should have-will have) finished that book already. You bought it only yesterday and it is very long.
- 13-He (can't -mustn't -must -should) have been injured. There was blood on his face.
- 14-The streets are wet. It (must rain-can't rain-must have rained-should have rained) last night.
- 15-I can't find the theatre tickets. They (must have fallen-can't have fallen-had to fall-mustn't have fallen) out of my pocket.
16. You are diabetic. You .....be careful about your health.  
a- must                                      b-can't                                      c- should                                      d- mustn't
- 17.Why don't you want any cake? You ..... eaten that much at dinner  
a) must not                                      b) cannot                                      c) mustn't have                                      d) can't have
- 18-She isn't late for school so she .....hurry.  
a-didn't have                                      b-don't need to                                      c-shouldn't                                      d-can't
- 19.Climbing Mount Everest ..... very difficult. The oxygen is very thin at the top.  
a) can't be                                      b) must be                                      c) mustn't be                                      d) must have been
- 20-If you had studied more, you ..... passed the exam.



- a) must have                      b) can't have              c) might have              d) mightn't have  
 21-You can't have ..... the toast because the toaster has a timer.  
 a) burnt                      b) burning                      c) been burnt              d) burns  
 22-Those shoes are gorgeous! They ..... cheap.  
 a) can't have been              b) can't have                      c) mustn't have              d) mustn't been  
 23-Souad ..... remembered our phone number because she called us today.  
 a) must have                      b) can't have                      c) mustn't have              d) might have  
 24-He is never usually late; he .....missed his train.  
 a- must have                      b-can't have                      c-might have                      d- may have  
 25- There wasn't an tea in the cup . Mr El Sebaei .....drunk.  
 a) must have                      b) can't have                      c) mustn't have              d) might have  
 26- He is very ill today. He.....slept early yesterday. He stayed up a lot  
 a) must have                      b) can't have                      c) mustn't have              d) shoulg have  
 27. Ali .....cheated in the exam. The teacher punished him.  
 a) can't have been              b) can't have                      c) mustn't have              d) shouldn't have  
 28-Dina .....have been at school yesterday .The list of the absent included her name.  
 a- must                      b-can't                      c- needn't                      d- mustn't  
 29-We don't know when earthquakes happen .They .....predicted.  
 a- were                      b- can't be                      c- have been                      d- had been  
 30. You .....study well to get high mraks.  
 a- must                      b-can't                      c- should                      d- mustn't  
 31-His bad exam results .....have frustrated his poor parents.  
 a- must                      b- should                      c- can't                      d- needn't  
 32-They .....mad, the solution they gave is very reasonable.  
 a- must be                      b- can't be                      c- may be                      d- would be  
 33-She .....foolish. She says she believes in magic.  
 a- can't be                      b- may be                      c- must have been              d- must be  
 34-We.... read a summary of a book before watching its film. Doing that will spoil it.  
 a-had to                      b-shouldn't                      c-doesn't have to              d-might  
 35-You .....park there. It's a good place.  
 a-had to                      b-should                      c-has to                      d-have to  
 36-You couldn't have ( do -done – doing – did ) any more than you did. That was your best.  
 37-You look very tired. I think you should ..... gone to bed earlier last night.  
 a) have                      b) to have                      c) having                      d) has  
 38. You look very tired. I think you should (go-have gone-be going-went) to bed earlier last night.  
 39.You shouldn't (have watched-watches-watch-watching-be watching) TV so late last night!  
 40.I came by bus, but I (must have come-could have come-should come-can come) by taxi.  
 41.Maher suggests I (will have-should have-has-having) a break every one hour.  
 42. When you are worried about things, it is best to concentrate on the things you (can-might-could-have) control over.  
 43. Before you start studying you (need-should-ought-couldn't) make a study plan  
 44.I'm sorry! I ..... have come on time.



**a-may                  b-might                  c-must                  d-ought to**

45. I traveled by train, but I ..... by car.

**a) might have travelled    b) could travel    c) could have travelled    d) can travel**

46. The driver .....diven his cars without the licence. He will pay a huge sum of money as a fine.

**a) might have      b) should have      c) could have      d) shouldn't have**

47- It's a good idea to drink a lot of water. You.....drink it regularly.

**a-may**                      **b-might**                      **c-must**                      **d-ought to**

48. I ..... so much chocolate! I feel sick!

**a) should eat   b) shouldn't have eaten   c) couldn't have eaten   d) will have eaten**

49-I cannot find my eyeglasses. I .....have left them at home.

**a- must                      b- can't                      c- may                      d- might**

**50-I don't know where my school bag is, mum.It isn't here. You ...have left it on the train.**

**a- might                      b- can't                      c- would                      d- can't have**

51-I rang you this morning, but you didn't answer. Sorry , I .....have been asleep.

a- would                      b- will                      c- can't                      d- must

52-He has only been in the lab for ten minutes. He .....have finished his experiment.

a- wouldn't                      b- must                      c- can't                      d- won't

**53. You ..... put your coat on the floor. Now it's dirty!**

a) ought to      b) mightn't have      c) mustn't have      d) shouldn't have

**54-Everyone is putting their umbrellas up , it .....started raining.**

**a- can't have                      b- must have                      c- would have                      d- have**

**55-Ola took her driving test yesterday. She looks unhappy. She.... ..failed.**

**a- can't have                      b- will have    c- would have                      d- must have**

**56-He told me the homework was on page 41, but there isn't page 41, he..have been mistaken.**

a- can't      b- must      c- may      d- might

57. The car broke down again; it ..... repaired well yesterday.

**a can have been    b can't have    c mustn't have been    d should have been**

58. The composition is full of mistakes. You ..... it well.

**a needn't have checked**                      **b must have checked**

**c should have checked**                      **d had to check**

**59. Look, it's raining! I..... have brought an umbrella.**

a) should                      b) can't                      c) must                      d) shouldn't

60. You..... rude to him. He's going to be really angry now.

a) can't be      b) should have been      c) shouldn't have been      d) can't have been

61. The boys ..... have made so much noise in the library.

a) ought                  b) shouldn't                  c) ought not                  d) must not

62. Sami is feeling ill. I think he..... to see a doctor.

a) should                      b) ought                      c) must                      d) can



## ( اسئلة عامه علي القواعد )

1. Poor Hany ..... go to hospital yesterday after he hurt his hand.

- a) must                      b) has to                      c) had to                      d) needn't

2. We didn't have a test today so I ..... revised for it last night!

- a) needn't                      b) didn't have to                      c) mustn't                      d) needn't have

3. When you go to Alexandria, you ..... visit the library. It's amazing !

- a) have                      b) must                      c) will                      d) need

4. The sign in the park says that people ..... walk on the grass.

- a) needn't                      b) might not                      c) should                      d) mustn't

5. You ..... wash the car. The man at the garage will wash it tomorrow.

- a) mustn't                      b) can't                      c) might not                      d) needn't

6. I ..... remember to email my cousin today. It's his birthday.

- a) mustn't                      b) needn't                      c) must                      d) ought to

7. I'll give you a lift, so you ..... walk to the station.

- a) must                      b) had to                      c) don't have to                      d) mustn't

8. .... you make that noise? It is really annoying.

- a) Can                      b) Could                      c) Must                      d) Might

9. You ..... wear heavy clothes. It is very cold outside.

- a) needn't                      b) mustn't                      c) have to                      d) might

10. He ..... go to school yesterday. It was a holiday.

- a) needn't                      b) won't                      c) didn't have to                      d) may not

11. There's a traffic jam on 6th of October Bridge. We ..... take another road.

- a) will have to                      b) mustn't                      c) had to                      d) needn't

12. In winter, you ..... use the air conditioner to cool the room.

- a) don't need to                      b) mustn't                      c) didn't have to                      d) don't have

13. I ..... study hard for my final geography exam. I want to get a good grade.

- a) must                      b) had to                      c) have to                      d) need to

14. There are always children near the school, so you ..... drive very carefully.

- a) can                      b) must                      c) mustn't                      d) need

15. We ..... forget that tourism is very important for Egypt.

- a) must                      b) needn't to                      c) mustn't                      d) should

16. I ..... get up very early on school days.

- a) have to                      b) need                      c) don't have to                      d) mustn't

17. I ..... phone my friend this evening. I promised him I would.

- a) have to                      b) must                      c) needn't                      d) need

18. My children ..... study ancient history at school next year.

- a) will have to                      b) doesn't have to                      c) has to                      d) must to

19. We ..... be back in Cairo on Friday in time to catch our flight.

- a) don't have to                      b) have to                      c) ought                      d) need

20. You ..... come and stay with us in our farm sometime.

- a) must                      b) ought                      c) should have                      d) could have

21. I hate ..... get up early in the morning.

- a) should                      b) might                      c) having to                      d) must



22. I ..... go to work yesterday. It was a national holiday.

- a) didn't have to    b) had to    c) might    d) needn't

23. You ..... purchased a new camera. You already have a good one.

- a) should have    b) could    c) needn't have    d) must have

24. You ..... bite your nails. It's a bad habit.

- a) may not    b) mustn't    c) can    d) ought

25. You look ill today. You ..... see a doctor.

- a) may    b) might    c) can    d) ought to

26. The book is optional. We ..... read it if we don't want to.

- a) have to    b) must    c) mustn't    d) don't have to

27. You ..... be rich to be a success. Some of the most successful people didn't have a pound.

- a) needn't    b) needn't have    c) must    d) had to

28. You ..... take along some cash. The restaurant may not accept credit cards.

- a) mustn't    b) have to    c) has to    d) needn't

29. You ..... forget to pay the rent tomorrow. The landlord is very strict about paying on time.

- a) need to    b) can    c) must    d) mustn't

30. My sister made a cake. You ..... try it. It's lovely!

- a) need    b) needn't    c) must    d) have to

31. We can walk to the bookshop if you want, but we ..... . The bus goes there.

- a) needn't to    b) doesn't have to    c) don't have to    d) need to

32. You ..... run next to the swimming pool. You might fall over.

- a) mustn't    b) must    c) should    d) can

33. We ..... run to the museum because it was already closed when we got there.

- a) needn't have    b) didn't have to    c) have to    d) had to

34. Poor Walid broke his leg yesterday and ..... to hospital.

- a) has to    b) must go    c) needn't have gone    d) had to go

35. We ..... pass our exams to get into university.

- a) must    b) has to    c) needn't    d) needn't

36. They ..... leave the school yesterday after they heard the fire bell.

- a) have to    b) had to    c) has to    d) need to

37. I ..... stop eating sweets! They are bad for me.

- a) have to    b) could    c) can    d) has to

38. Tarek ..... get the bus to the park. My father can take him in our car.

- a) don't have to    b) has to    c) doesn't have to    d) doesn't need

39. The students ..... written all those notes. All the information is typed for them.

- a) didn't have to    b) needn't have    c) has to    d) didn't need to

40. At an airport, you ..... show your passport before you can leave the country.

- a) has to    b) doesn't have to    c) don't have to    d) have to

41. Teachers ..... wear suits for work, but their clothes must be neat and clean.

- a) have to    b) don't have to    c) doesn't have to    d) has to

42. Students ..... use their mobile phones during the lessons.

- a) mustn't    b) must    c) have to    d) has to

43. You ..... arrive on time for lessons. It's important not to be late.

- a) have to    b) had to    c) don't have to    d) could

44. You ..... buy a course book, your teacher will give you one.







- 68- He has left his car over there. He.....that. There is a "No waiting" sign.  
a) should have done b) shouldn't do c) shouldn't have done d) mustn't do
- 69- He.....drink the milk. It's sour.  
a) has to b) doesn't have to c) needn't d) mustn't
- 70- I didn't know there was a meeting today. You.....me.  
a) should have told b) should tell  
c) had to tell d) needn't have told
- 71- It is desirable to get up early. You.....get up early.  
a) must b) should c) may d) will
- 72- You look ill today. You.....see a doctor.  
a) may b) might c) should d) ought
- 73- I don't know why you apologized to him.  
You.....to him.  
a) mustn't apologize b) don't have to apologize  
c) shouldn't apologize d) needn't have apologized
- 74 - A) Shall I post the letter now?  
B) No, You .....post the letter now. You can post it tomorrow.  
a) don't need to b) mustn't c) must d) have to
- 75- He.....go to school yesterday. It was a holiday.  
a) needn't b) won't c) didn't have to d) may not
- 76- He sounded the horn so many times;  
he.....have done that.  
a) oughtn't b) shouldn't c) mustn't d) couldn't
- 77- She added some salt to the salad but she....any as it became too salty.  
a) needn't add b) has to add c) mustn't add d) needn't have added
- 78- I.....accept his offer if I were you.  
a) should b) shall c) ought d) must
- 79- Helal didn't go to the doctor's yesterday although he.....have gone.  
a) must b) ought to c) needn't d) shouldn't
- 80- You.....smoke in petrol stations.  
a) shouldn't b) needn't c) mustn't d) oughtn't
- 81- They went to Aswan by plane but they.....have gone by train.  
a) shall b) needn't c) must d) could
- 82- I stayed at home yesterday although I.....have gone to the cinema.  
a) could b) must c) shall d) can
- 83- I advise you to come. You.....come.  
a) will b) have to c) should d) can
- 84- You.....fasten your seat belt or you'll be fined.  
a) should b) may c) can d) have to
- 85- It's a good idea, you .....study English well.  
a) shall b) should c) will d) would
- 86- It's getting dark. I.....go now .  
a) have to b) had to c) ought d) should have
- 87- Swimming is not allowed here. You.....swim here.  
a) needn't b) shouldn't c) mustn't d) don't
- 88- Can I talk to you, please? Sorry, I.....go now. I'm late for a meeting.  
a) mustn't b) has to c) need d) must
- 89- Sony Mum. I've broken a plate. You.....be more careful.

